



Spring/Summer 2014

Germantown Indoor Swim Center

www.rmsscswimming.com

18000 Central Park Circle, Boyds, MD 20841 (240) 777-6830

Spring Only March 31, 2014 – May 23, 2014

Spring/Summer March 31, 2014 – August 1, 2014

(Due to the late MCPS Spring Break, RMSC will take a one week break from April 14th – April 20th, 2014)

REGISTRATION INFORMATION

Newcomers' Evaluation – Newcomers are swimmers who did not participate in the RMSC-GISC program Fall/Winter 2013-14, even if they have participated in other seasons. These swimmers should attend the first practice for an evaluation in the developmental groups; then consult with the coach.

The registration form for the program should be completed and program fee paid once placement has been verified. New swimmers' registrations for USA Swimming for 2014 are included in the program fee.

Returning Swimmers – A returning swimmer is someone who swam with RMSC-GISC during the Fall/Winter 2013-14 season. They have been registered with USA Swimming for 2014. These swimmers may pre-register for the Spring/Summer 2014 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to jon.smink@montgomerycountymd.gov, handed in at GISC or mailed to: Kennedy Shriver Aquatic Center, Attn: Christa Krukiel, 5900 Executive Boulevard, N. Bethesda, MD 20852.

Returning swimmer registration begins Monday, March 3rd, 2014

Registration ends for returning swimmers on Monday, March 24th, 2014 in order to secure your spot.

Program Fee – Program fees are payable to MCR by VISA, MasterCard, Check or Cash. **Non-County residents must add \$15 per swimmer.** This payment includes the 2014 United States of America Swimming (USAS) membership fee and PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment/payment plans are NOT available.

All fees must be paid in full by the first day of practice. The final day to withdrawal from the program is 7/1/2014.

Questions regarding RMSC @ GISC - please email jon.smink@montgomerycountymd.gov or call 240-777-6830.

SPRING/SUMMER PRACTICES

Practices from Memorial Day until the end of the MCPS school year will be the same as the spring schedule. After school is out the summer practice schedule begins and will be available at the beginning of June. Groups will be using the Germantown Outdoor Pool along with the Germantown Indoor Pool. Please consult with your swimmers coach.

Do not change your practice group assignment unless instructed to do so by your coach.

PRACTICE GROUPS

Minis – For 8&Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, and starts from the blocks. Emphasis is on orientation to competitive swimming, participation in meets and having a fun experience. **Recommended practice attendance: 2/week**

<u>Spring Only (372405)</u>	<u>\$265</u>
Monday, Wednesday	5:15 - 6:00 PM
Friday	5:30 - 6:30 PM
Sunday	7:00 - 8:00 AM

Juniors – For swimmers ages 9-12 who are able to swim at least freestyle and backstroke. Emphasis is on basic stroke mechanics, starts and turns. An introduction to conditioning and endurance are part of the program. This group is for all new swimmers and graduates of Minis. Participation in USAS meets is highly recommended but not required.

Recommended practice attendance: 2/week

<u>Spring Only (372406)</u>	<u>\$300</u>
Monday	6:00 - 7:00 PM
Thursday & Friday	6:30 - 7:30 PM
Sunday	7:00 - 8:00 AM

Advanced Juniors – Entry by coach's invitation only. For swimmers ages 9-12 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, endurance and dryland exercises geared toward injury prevention. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 3/week**

<u>Spring/Summer (372408)</u>	<u>\$705</u>
Tuesday, Wednesday	6:00 – 7:30 PM
Thursday	5:00 - 6:30 PM
Friday	5:30 - 7:00 PM
Sunday	7:00 - 8:30 AM

National Development Group – Entry by coach's invitation only. For swimmers ages 11-14 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in USAS meets are required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 5/week**

<u>Spring/Summer (372409)</u>	<u>\$825</u>
Monday, Wednesday	6:00 – 7:30 PM; dryland 5:15 – 6:00 PM
Tuesday	5:30 - 7:30 PM
Wednesday	4:45 – 6:30 AM
Thursday	5:30 – 7:00 PM
Saturday	6:30 - 9:00 AM; dryland 9:00 – 10:00 AM

Seniors – For swimmers ages 13-18 who range from summer league experience to high school swimming background. Emphasis is on stroke mechanics, conditioning and endurance. This program is geared for swimmers interested in improving skills and gaining a better training base. Participation in USAS meets is highly recommended but not required.

Recommended practice attendance: 3/week

Spring Only (372410)	\$335
<u>Spring/Summer (372411)</u>	<u>\$705</u>
Monday	7:00 – 8:00 PM
Tuesday	4:45 - 6:15 AM
Tuesday	5:00 - 6:00 PM
Thursday, Friday	3:30 - 5:00 PM
Sunday	6:30 – 8:00 AM

Advanced Seniors – Entry by coach's invitation only. Designed for the high school athlete who has a firm commitment to swimming and is looking for continued development in the sport. These swimmers train at a high level and are required to participate in dryland training and USAS meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 6/week**

<u>Spring/Summer (372412)</u>	<u>\$825</u>
Monday, Wednesday	3:30 - 5:15 PM; dryland 5:15 – 6:15 pm
Tuesday, Thursday	4:45 - 6:30 AM
Tuesday	3:30 – 5:00 PM
Friday	3:30 – 5:30 PM
Saturday	5:30 - 7:30 AM; dryland 7:30 – 8:30 AM

National Training Group – Entry by coach's invitation only. For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum Practices required: 7/week

<u>Spring/Summer (372413)</u>	<u>\$900</u>
Monday, Wednesday & Friday	4:45 - 6:30 AM
Monday & Wednesday	3:30 - 6:00 PM
Tuesday, Thursday, Friday	3:30 - 5:30 PM; dryland, except Friday, 5:30 – 6:30 PM
Saturday	6:30 - 9:00 AM; dryland 9:00 – 10:00 AM